

Money Matters

Wednesday Feb 6 | 6:00pm—7:30pm

Learn about the importance of budgeting and financial management through life's many transitions. Develop skills and gain an understanding of resources available to you.

Supporting someone with Chronic Pain

Monday April 15 | 1pm—3pm

Supporting a family member with chronic pain is a very important role but it can also feel overwhelming and draining to the caregiver. Sometimes it is hard to know how to help the person with chronic pain. It can also be hard for the caregiver to attend to their own needs. This workshop will provide strategies for how to support someone with chronic pain, as well as offering participants a chance to talk about their experiences. Self-care strategies for the caregiver will also be explored.

Let's Talk about Trauma

Tuesday March 26 | 6pm—8pm

In this psychoeducational workshop we will explore the different types of trauma, some of the neurological, biological and emotional aspects of trauma and a number of therapeutic interventions.